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**Misperception of One's Own Obesity Status - Causes and Consequences: Insights From A Large Nationwide Survey**

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**Abstract:**

**Introduction & Objective:** Correct self-perception of BMI (Body Mass index) status is essential to adopt a healthy lifestyle and experience improved quality of life. The current study evaluates the extent of misperception in the Indian population and its influence on an individual's perspective on obesity management. **Methods:** A large-scale pan-Indian electronically captured survey was conducted using a translated and validated form and disseminated to the public using multiple modalities. The survey responses included demographics, history of comorbidities, perception of BMI, lifestyle practices, and attitude towards obesity management. Chi-square test for proportions was used to compare the responses between groups with correct perception or misperception (overperception - perceived BMI status is higher than actual BMI; undermisperception - perceived BMI status is lower than their actual BMI. **Results:** Among the participants (N = 60285), 35.75% had a misperception of their BMI status, higher among men (35%) than women (29.6%). Almost 91% of those with misperception had underperceived their BMI status. The history of comorbid illness was significantly lower with misperception. Among those with a high actual BMI, 73% were unaware of overweight status and 92% of these participants had not taken efforts to lose weight. One-third of the population with misperception did not consider obesity as a disease and were reluctant to receive weight loss information (84.5%). **Conclusion:** Misperception of self BMI status is high among the Indian population and could contribute to a setback in their self-awareness of health status (co-morbidities) and reluctance attitude towards obesity management.

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